

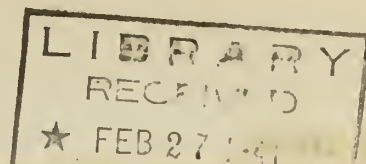
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It's Easy to Bone Lamb Cuts



A broadcast by Miss Ruth Van Deman, Bureau of Home Economics, Mr. Kenneth Warner, Bureau of Animal Industry, and Mr. Wallace Kadderly, Office of Information, broadcast Tuesday, February 18, 1941, in the Department of Agriculture period of the National Farm and Home Hour, over stations associated with the NBC Blue network.

--ooOoo--

WALLACE KADDERLY:

And now calling all homemakers....all homemakers who want the news Ruth Van Deman has for us from the Bureau of Home Economics....plus what Kenneth Warner is going to add for the Bureau of Animal Industry. Ready, Ruth?

VAN DEMAN:

Just waiting for the go sign, Wallace. But don't you think we should make it calling all meat eaters....or anyway, all lamb eaters?

KENNETH WARNER:

How about calling all lamb carvers too.....especially the lazy lamb carvers.

KADDERLY:

Lazy lamb carvers. Well, now Ken Warner, of course you mean present company excepted.

WARNER:

No sir. I put myself right in that category. It takes a lazy man to find an easy way to do something.

KADDERLY:

If you've found an easy way to get the carving knife around the bones in roast shoulder of lamb.....well, you have found something.

VAN DEMAN:

Wallace, don't you know there aren't any bones in a roast shoulder of lamb when Mr. Warner carves it?

WARNER:

The bones are in the soup pot making Scotch broth.

KADDERLY:

What is this --- a game?

VAN DEMAN:

Pure sleight of hand....a twist of the wrist and a good sharp knife.:

KADDERLY:

Lambs certainly don't grow without bones in their shoulders---a good-sized shoulder blade that runs right through the meaty part.

WARNER:

And that meaty part contains some of the sweetest, tenderest, juiciest meat in the whole carcass, to my way of thinking.

(over)

VAN DEMAN:

Evidently, Wallace, you haven't seen Mr. Warner's neat way of boning that shoulder blade right out, leaving a roast about so square, with the covering of fat on top smooth and unbroken. When it's roasted it plumps up like a cushion, and slices as easily as a loaf of bread. And best of all inside is a big pocket where the cook can pile in lots of good breadcrumb stuffing....seasoned with fresh mint leaves.

KADDERLY:

Fresh mint leaves in February? Isn't that rushing spring a little?

VAN DEMAN:

Dried herbs then....thyme, sage, sweet marjoram, whatever flavor you like with lamb.

KADDERLY:

Ruth, you make that sound good enough to eat. And, Ken Warner, I'd like to hear more about this boning operation---how you get that shoulder blade out so neatly.

WARNER:

It's very simple. Anybody can do it in the home kitchen--a woman just as easily as a man, if she has a good sharp knife. Of course, a regular boning knife is best----one with a narrow blade and not more than 4 or 5 inches long.

KADDERLY:

And how about a bit of patience along with it?

WARNER:

Yes, she needs to have a little patience too, until she gets the hang of slipping the knife along close to the bone.

VAN DEMAN:

Patience and a picture, I'd say, to show just where to start cutting. The pictures in this leaflet of yours, Mr. Warner, were a big help to me the first time I tried boning a lamb shoulder.

KADDERLY:

If that's a copy of the leaflet you have there, Ruth, may I have a look?

VAN DEMAN:

Certainly, help yourself.

WARNER:

You see you start boning a lamb shoulder by laying it fat side down and rib side up. Then slip the knife under the edge of the ribs, follow along the neck bone, and gradually the ribs and neckbone are free from the meat.

Then go after the shoulder blade. Follow with your knife right along the bone, and work the whole L shaped piece right out.

KADDERLY:

Yes, with these pictures as a guide and the printed directions, which I'm sure tell everything the pictures don't, I'm sure with all that to help me I could bone a shoulder roast of lamb, cushion style.

VAN DEMAN:

You'd have to do a little needlework on it too, Wallace, you or someone else before it goes into the oven.

KADDERLY:

Needlework? That's not what you call basting, is it?

VAN DEMAN:

No, a spoon and melted fat are what you baste meat with while its cooking. But you have to sew this shoulder roast with a big needle and cotton twine before it goes into the oven. The stitches around the edge hold the stuffing in and keep the top layer of fat from curling back and leaving the lean exposed, so it dries out.

WARNER:

We've been concentrating on shoulder of lamb as though shoulder were the only cut that could be boned out for easy carving.

As a matter of fact....leg, loin, breast....any cut of lamb can be boned without any difficulty.

KADDERLY:

Yes, I see this picture of boned leg of lamb made into two small roasts. That's a smart idea to use with some of the lamb coming to market now.

WARNER:

The heavy fed lambs, you mean.

KADDERLY:

That's right. The fat lambs from the feed lots of Colorado, Nebraska, Indiana....very high quality meat they are too.

WARNER:

You're right they are. In addition to getting fat, these lambs have kept on growing ever since they came off the range last fall. It's not unusual for a leg of one of these fed lambs to weigh 8 or 9 pounds or more, as the butcher first cuts it. That's more meat than some families want to cook at one time; But slip the bone right out. Then you can divide the meat into two of the neatest little rolled roasts you could ask for----solid meat that as you said, Miss Van Deman, you can carve through as easily as though you were slicing a loaf of bread.

VAN DEMAN:

How about using one half for a roast and slicing the other into lamb steaks, ----or cutlets as our British friends call them.

WARNER:

Excellent. Every part of a lamb carcass is tender meat. You can broil it or roast it.....whichever seems to suit the size of the cut best.

VAN DEMAN:

I remember the wonderful roasting piece you and Lucy Alexander made out of a boned loin....all the elegant loin chops left in one piece, rolled up with delicious stuffing inside.

KADDERLY:

Is that what an Englishman calls saddle of lamb?

WARNER:

Yes, it's about where a saddle would rest, if a lamb wore a saddle. It's the same place in the carcass where the English mutton chops are cut. It's the double loin, with the backbone removed, leaving the whole loin in one continuous piece.

VAN DEMAN:

I remember too what beautiful slices that cold roast saddle made....something grand enough for the most elegant party.

And I also remember the company dish you and Lucy made out of a boned breast of lamb.....the cheapest cut in the whole carcass.

WARNER:

The cook should have full credit, you know. You can take the choicest grade of meat in the whole market and if it isn't treated right in the kitchen, it won't be anything to brag about.

VAN DEMAN:

As you know, Mr. Warner, from all the samples you've carved and helped judge in our laboratories, there's no meat easier to cook than lamb. As you said a moment ago, every cut of lamb is tender. So any of the large pieces, no matter where they come from---fore-quarter, hind-quarter, or the saddle in between---any good-sized piece of lamb with a good covering of fat to protect the lean will roast perfectly. All you need to do is lay the roast on a rack in an open pan, and keep the oven heat moderate. A turn and a baste now and then with some of the pan drippings will help to keep the juices in. But the main thing is the moderate oven temperature.

WARNER:

And that moderate oven temperature works in the home kitchen too. Isn't that described in your home economics leaflet---what's the title-----"Lamb as you like it?"

VAN. DEMAN:

That's right.

WARNER:

That's where you home economics people tie right into this story of boning lamb cuts. You give it the real photo finish. You carry it to a beautiful, golden brown, juicy, toothsome conclusion on the dinner table.

KADDERLY:

No sir, I don't agree with you. The real conclusion would be a sample slice right now of this wonderful boned shoulder of lamb you tell about, or a hot broiled lamb chop.

VAN DEMAN:

No, Wallace, I don't agree with you. I think this is the kind of a day for a plate of hot lamb stew.

KADDERLY:

Lamb stew? This is the first time anybody's mentioned lamb stew.

WARNER:

You can't expect us to tell all we know in the shake of a lamb's tale---

KADDERLY:

You've got me there, Warner. Well, come again, both of you and tell us some more about boning and carving and cooking lamb cuts. Ruth, we'll be expecting you anyway next Tuesday.

VAN DEMAN:

Monday next week, Wallace. Don't you remember I'm shifting to Monday February 24th.

KADDERLY:

That's right you are..... ad lib repeat offer of "Boning Lamb Cuts" and "Lamb As You Like It."

